

Mountain Stream Meditation

Daylong with John Travis & Bruce Pardoe

The Nature of Awareness

Saturday, April 13, 2019

9:30 am to 4:30 pm

Nevada City Insight Center,
710 Zion Street, Nevada City, CA



Mountain Stream hosts a day of meditation held in the tradition of Insight Meditation (vipassana.) Vipassana is known as a vehicle for opening the heart, seeing clearly and embodying our present moment experience. The daylong includes periods of sitting and walking meditation with Dharma teachings from both John and Bruce. There will be time for questions, but most of the day is held in noble silence.

John Travis is a Spirit Rock Teacher Emeritus and is founder of Mountain Stream Meditation in Nevada City. He has practiced Insight Meditation for over 50 years, and completed a four-year senior teacher training with Jack Kornfield in 1993. In the 1970's & 80's John lived and studied in Asia for nearly a decade with many of the premier meditation masters of our time. He took a period of monastic ordination in the Theravada tradition under Thangpulu Sayadaw, as well as a brief novice ordination under Tibetan meditation master Kalu Rinpoche. John's dynamic teaching style focuses on a non-dualistic approach that emphasizes the body, heartfulness, and the nature of awareness. In addition to his meditation training, John has taught Mindfulness-Based Stress Reduction and is a certified Hakomi therapist.

Bruce Pardoe has been offering Dharma talks at Mountain Stream since 2010 and has led the Insight & Mindfulness Course twice a year since 2011. He is a graduate of the 2-year Community Dharma Leadership training at Spirit Rock and has sat numerous 1-3 month long retreats. All combined, Bruce has spent over two years in silence and has developed essential insights into the teachings of the Buddha.

To support your full day of practice, please bring a bag lunch, water bottle and wear loose comfortable clothing. You are welcome to bring your own cushion(s) (zafu/zabutan), shawls and whatever else you need for meditation. Available at the Center are a variety of cushions, blankets and chairs.

Registration for the daylong is a sliding scale of \$40 to \$55. Please contact the registrar for more details. A limited number of work-exchange scholarships are available.

In keeping with the Buddhist practice of generosity (dana), there will be an opportunity to offer a donation to the teachers, whose livelihood is sustained by the generosity of the communities they serve. All offerings are received with gratitude.

Registration & Information: birdy@mtstream.org

www.mtstream.org 